

Method of increasing creatine supply depot

Publication number: JP7509230T

Publication date: 1995-10-12

Inventor:

Applicant:

Classification:

- international: A61K9/08; A23L1/30; A23L1/305; A61K31/195;
A61K31/198; A61K31/70; A61P9/00; A61P11/16;
A61P43/00; A61K9/08; A23L1/30; A23L1/305;
A61K31/185; A61K31/70; A61P9/00; A61P11/00;
A61P43/00; (IPC1-7): A61K31/195; A61K9/08;
A61K31/70

- European: A23L1/30; A23L1/305A; A61K31/195; A61K31/198

Application number: JP19930503973T 19930715

Priority number(s): GB19920015746 19920724; WO1993SE00631
19930715

Also published as:

WO9402127 (A1)
EP0652748 (A1)
US5767159 (A)
NZ254307 (A)
F950302 (A)
EP0652748 (A0)
AU678559B (B2)

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Abstract not available for JP7509230T

Abstract of corresponding document: **US5767159**

PCT No. PCT/SE93/00631 Sec. 371 Date Jan. 24, 1995 Sec. 102(e) Date Jan. 24, 1995 PCT Filed Jul. 15, 1993 PCT Pub. No. WO94/02127 PCT Pub. Date Feb. 3, 1994The invention relates generally to a method of increasing creatine supply depot of mammals having no disorders in the creatine metabolism, viz. Healthy, thereby increasing muscular strength, shortening the period of re-establishment of phosphorous compounds in energy after work and increasing the body of the muscles. This is achieved by the administration of creatine to the mammals in an amount of at least 15 grams, or 0.2-0.4 g/kg body weight or preferably about 0.3 g/kg body weight, per day for at least 2 days. The invention describes the use of creatine for the manufacturing of a preparation to increase the muscle performance ability in an amount which supplies a daily dose as stated above and a method.

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